

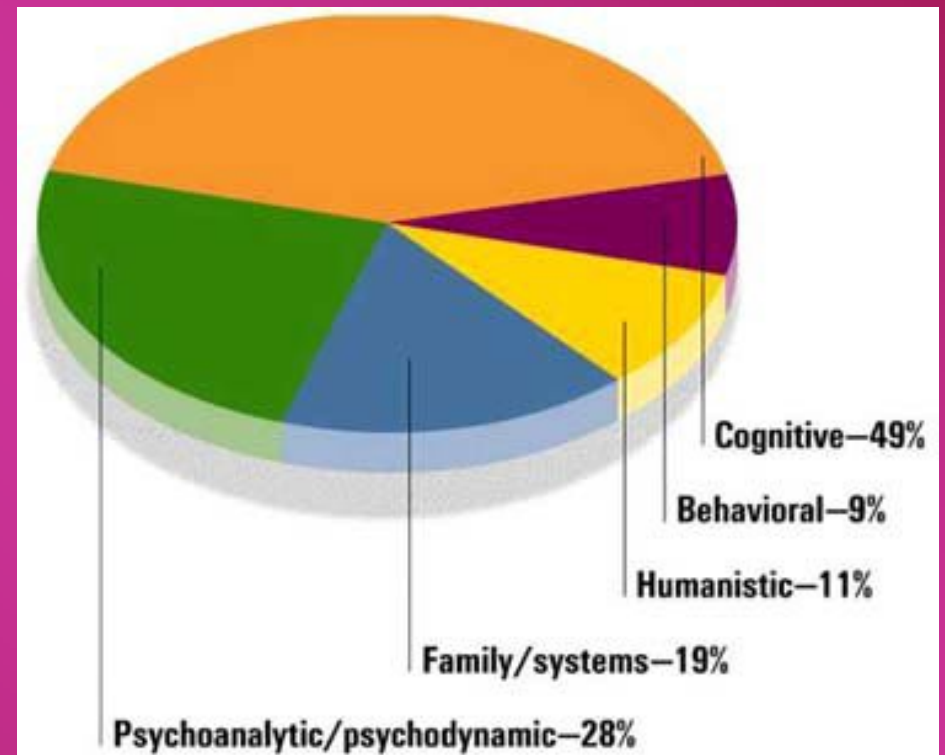
# Behavior Modification & Psychotherapy

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# Varieties of psychotherapy

- Many different theories of approach to mental problems
- 400 different forms of psychotherapy have appeared
- Most common
  - psychodynamic
  - humanistic
  - behavioral
  - cognitive



# Psychodynamic Therapy

- Freud
- Psychological problems result from inner mental conflicts
- Must make these conflicts conscious
- Unconscious wishes
- Repressed memories
- Predisposing & precipitating experiences



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# Techniques in psychoanalysis

- Free association
  - patient relaxes and reports everything that comes to mind
- Dream analysis
  - latent content
  - manifest content
  - Freudian symbols
- Mistakes
  - slips of the tongue

# Resistance & Transference

- Resistance
  - unconscious material causes anxiety
  - patients resist attempts to bring unconscious into conscious
  - “forgetting”
  - refusing to discuss certain topics
- Transference
  - patient’s unconscious feelings about person in their life experienced as feelings toward therapist

# Insight & Cure

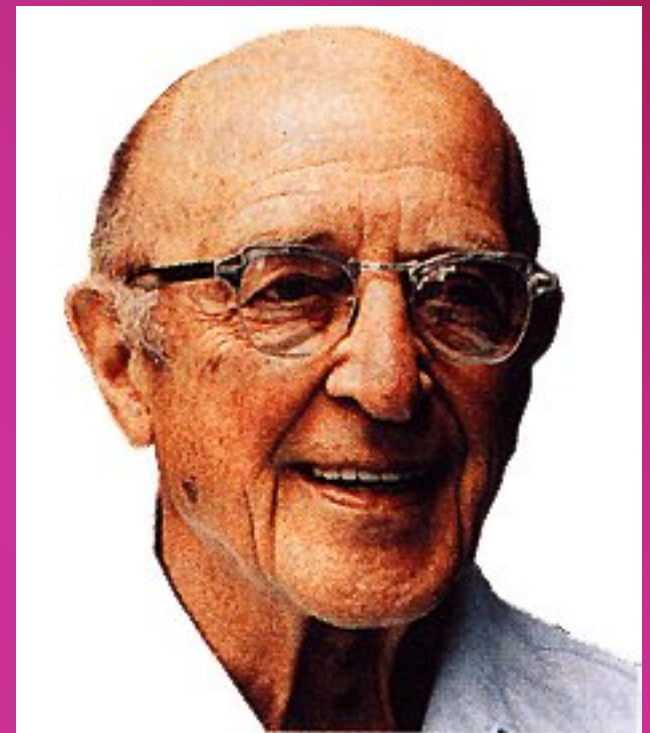
- Analyst's job is to make inferences about patient's unconscious conflicts
- Once patient experiences them consciously, can modify or express them
- Patient must accept insights of therapist
- Analyst leads patient to insight so patient comes to insight themselves

# Humanistic Therapy

- Emphasis on inner potential for positive growth
- Similarity to psychodynamic
  - help clients become more aware of inner feelings & desires
- Differences from psychodynamic
  - inner feelings & desires are seen as positive & life-promoting
  - main goal is to help client take control of own life

# Carl Rogers

- Client-centered therapy
  - focus on thoughts, abilities, cleverness of client
  - not focused on insights of therapist
  - therapist as a sounding board for client's thoughts





# Concepts of client-centered therapy

- Problems caused by denial of own feelings & distrust of ability to make decisions
- Empathy
  - attempt to comprehend feelings from client's point of view
  - use of reflection
- Unconditional positive regard
  - client is worthy & capable no matter what client does or says
  - creates safe, nonjudgmental atmosphere

# Cognitive therapy

- People disturb themselves with their own thoughts
- Goals of cognitive therapy
  - identify maladaptive ways of thinking
  - replace these with adaptive ways
- Similarity to humanistic
  - focus on conscious mental experience
- Differences from humanistic
  - problem-centered rather than client-centered
  - relationship is more directive

# Cognitive Therapies

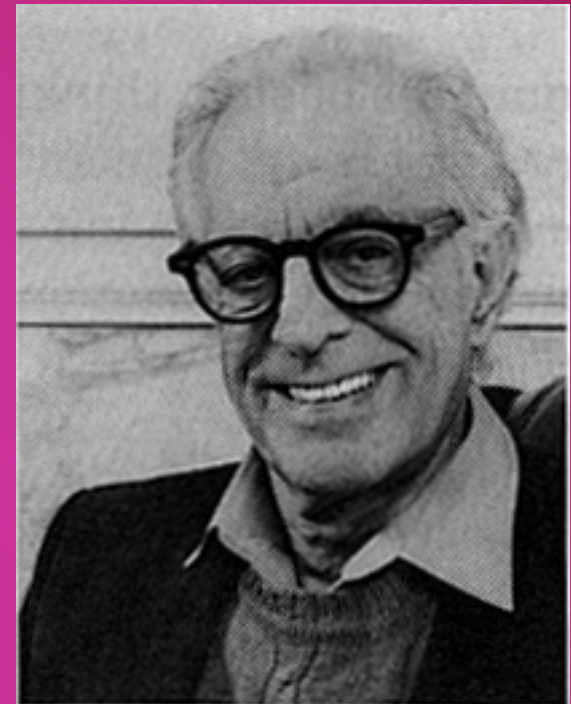
- Teaches people new, more adaptive ways of thinking and acting
  - Based on the assumption that thoughts intervene between events and our emotional reactions

# Cognitive Therapies

- Cognitive-Behavioral Therapy
  - A popular integrated therapy that combines cognitive therapy (changing self-defeating thinking) with behavior therapy (changing behavior)

# Ellis' Rational-Emotive Therapy

- Albert Ellis
- Negative emotions arise from people's irrational interpretations of experiences

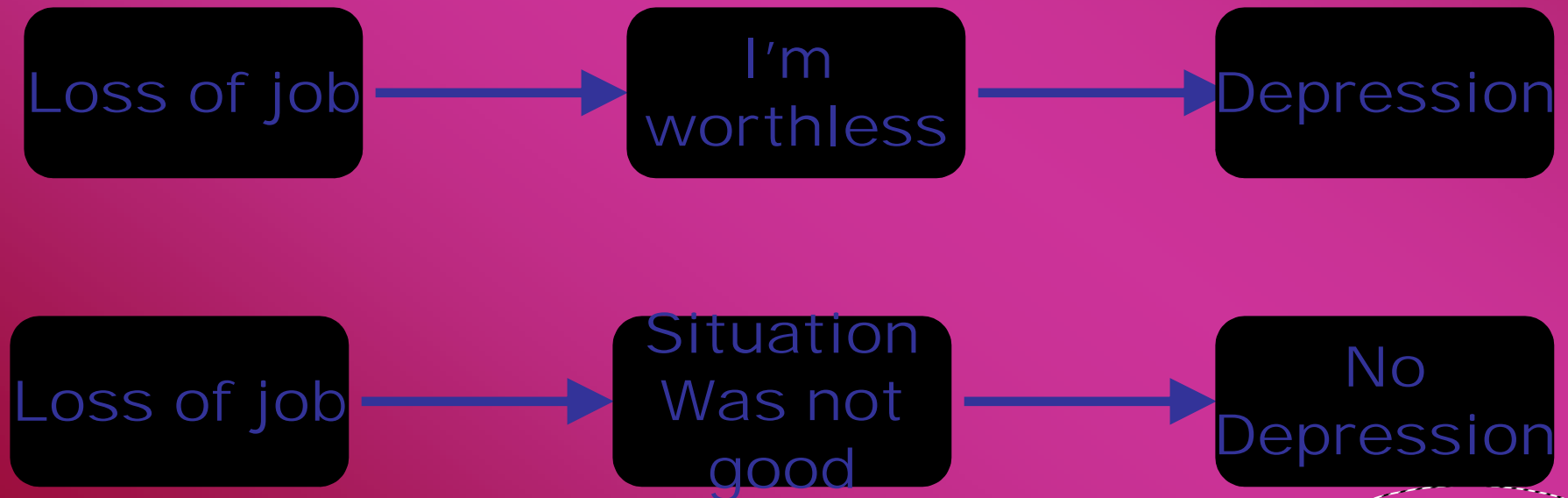


# Ellis' ABC theory of emotions

A = activating event in the environment

B = belief triggered in client's mind by event

C = emotional consequence of the belief



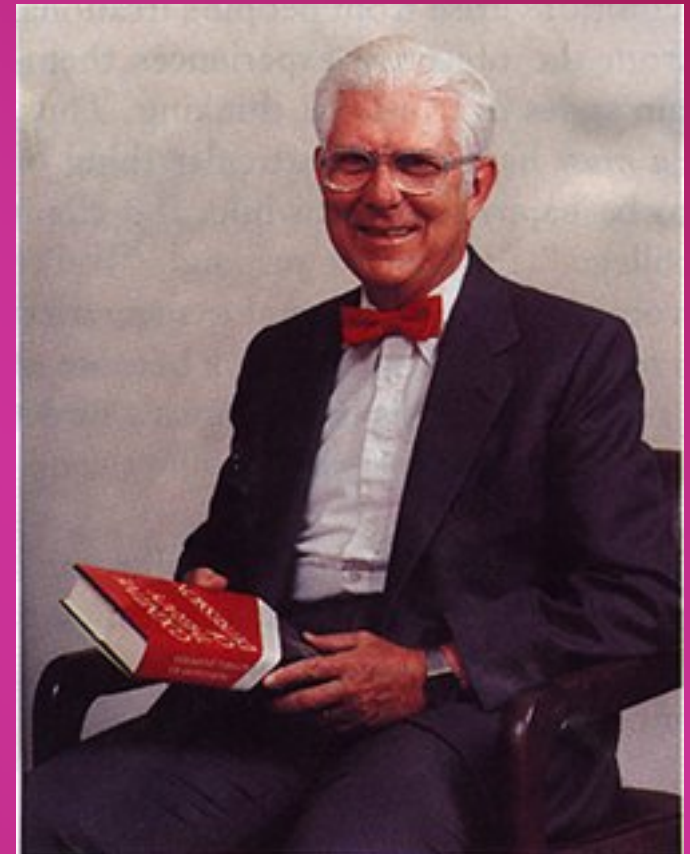
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# Beck's Cognitive Therapy

- Treatment of depression
- Depressed people
  - distort experiences & maintain negative views of themselves, the world, their future
  - minimize positive & maximize negative experiences
  - misattribute negative experiences to own deficiencies

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# Behavior Therapy

- Concentrate on observable stimuli & responses
- Consider mental events as “covert” responses
- Most behaviorist therapists now practice cognitive-behavior therapy
  - combination of cognitive & behavioral principles used



# Key Assumptions

- Humans are naturally capable of being conditioned
- Humans are naturally capable of learning from experience
- Basic laws of learning and conditioning apply to all behavior
  - Maladaptive behavior acquired through same processes as any other behavior
- Therapeutic techniques based on empirical findings; learning and conditioning principles

# Key Assumptions

- Two processes of associative learning account for acquisition and maintenance of verbal, cognitive, and emotional responses
  - Classical or respondent conditioning
  - Operant or instrumental conditioning
- Helping intervention is aimed at modification of overt behavior, cognition, physiological change, and affect
- Focus is on present problems; here and now
- Commitment to experimental evaluation of treatment

# Relaxation Training

- Clients are given a set of instructions that ask them to relax in a quiet environment and taking deep and regular breathing patterns
- Clients are supposed to “let go”
- Clients are encouraged to actually feel and experience the tension building up, to notice their muscles getting tighter and study the tension, to hold and fully experience the tension
- A normal relaxation practice lasts for 20 to 25 minutes
- It helps relieve stress and anxiety

# Systematic Desensitization

- Clients are to imagine successively more anxiety arousing situations at the same time that they engage in a behavior that competes with anxiety
- Gradually clients become less sensitive to the anxiety arousing situations
- The therapist conducts an initial interview to identify specific information about the anxiety and to gather relevant background information about the client
- Background information gives the therapist a good understanding of the client
- Find out under what circumstances does the clients have anxiety
- Therapist conducts a relaxation training before going to therapy,
- Conducts anxiety hierarchy which stimuli that elicit anxiety in a particular situation such as rejection, jealousy, criticism, disapproval, or any phobia
- Desensitization begins after several sessions, client reaches complete relaxation with eyes closed, then imagine the least anxiety arousing scene, therapist moves progressively up the hierarchy until the client signals anxiety, relaxation is introduced again until little anxiety is experienced

# Exposure Therapies

- **Exposure therapies are designed to treat fears and other negative emotional responses by introducing client to the situation that contributed to such problems**
- **In Vivo desensitization involves the client exposure to the actual feared situation in the hierarchy in real life rather than simply imagining situations**
- **Flooding which refers to either in vivo or imaginal exposure to anxiety-evoking stimuli for a prolonged period of time**
- **Allows the anxiety to decrease on it's own**
- **Flooding can be used for many fearful anxieties such as flying, riding in subways, riding in elevators and phobia of certain animals**
- **Because of the discomfort in this treatment with intense exposure some clients may not elect these exposures**

# Assertion Training

- Useful for people who can't express anger or irritation, difficult to say no, people who are overly polite and allows others to take advantage of them, people who find it difficult to express affection and other positive responses, people who feel they have no right to express their thought beliefs, and feelings and people who have social phobias
- The assumption underlying assertion training is so clients can have the right to express themselves
- A goal in assertion training is to teach clients to express themselves in ways that reflect sensitivity to the feelings and rights of others
- Clients have the *CHOICE* of whether to behave assertively in certain situations
- Assertion does not mean aggression, assertive clients don't stand up for their rights at all cost, ignoring the feelings of others

# Other Behavioral Techniques

- Token economies
  - exchange system
  - often used in inpatient treatment
- Contingency contracts
  - formal written agreement
- social skills training
- Modeling
  - therapist models adaptive behaviors for client

# Group Therapy

- Psychodynamic
  - interactions among group members provide clues to hidden motives
  - gain insight into how unconscious affects relations with others
- Humanistic
  - members gain opportunity to express selves honestly
- Cognitive & Behavioral
  - clients can practice new skills, new ways of thinking



# Couple & Family Therapy

- Problem not in individual but interaction between individuals
- Family therapy
  - see whole family together, observe interactions
  - help members gain perspective
- Family systems perspective
  - each person accommodates to the family
  - fix family problems by offering insight into how each affects others
- Intergenerational approach
  - considers influence of previous generations